

Morning Routine Checklist for Adults

Night Before

- Disconnect from electronics 1 hour before sleep
- Write down 1 to 3 priorities for tomorrow
- Ensure 8 hours of sleep planned
- Set a non-phone alarm, keep the phone away from the bed
- Add a personal goal:

Morning Routine

1. Eat Right

- Hydrate with 12 oz of water, a pinch of sea salt, and ¼ lemon
- Eat 30 grams of protein within 30 mins of waking
- Delay coffee until after eating breakfast
- Prefer protein-rich foods, minimize carbs
- Add a personal goal:

2. Move

- Engage in light physical activity (e.g., yoga, walking)
- Stretch or do a quick series of flexibility exercises
- Incorporate a short strength training routine, using bodyweight exercises
- Go for a brisk outdoor walk or bike ride for fresh air and sunlight
- Add a personal goal:

3. Learn

- Read or listen to something inspirational or educational
- Journal for 5-10 minutes on gratitude or goals
- Practice a foreign language for 10-15 minutes
- Listen to a podcast or audiobook relevant to your personal or professional growth
- Add a personal goal:

4. Plan

- Review your goals for the day and list three most important tasks to achieve these goals.
- Schedule your day ahead
- Add a personal goal: Reevaluate monthly goals

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Henry E Parkins



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Routine Checklist PDF For Remote Workers Step By Step Guide To Home Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has be more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Routine Checklist PDF For Remote Workers Step By Step Guide To Home**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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